

# HEALTHY SOMERSET RECIPES

## Peppered Steak

### Ingredients:

- 1 tablespoon vegetable oil divided use
- 1 red bell pepper cored, seeded and cut into strips
- 1 green bell pepper cored, seeded and cut into strips
- 1 1/4 pounds flank steak thinly sliced
- 2 teaspoons minced garlic
- 1 teaspoon minced ginger
- salt and pepper to taste
- 1/4 cup soy sauce
- 1 1/2 tablespoons sugar
- 1 1/2 tablespoons cornstarch



### Directions:

1. Heat 1 teaspoon of the vegetable oil over medium high heat in a large pan.
2. Add the peppers and cook for 3-4 minutes or until just tender. Remove the peppers from the pan and place on a plate.
3. Add the remaining oil to the pan. Season the flank steak with salt and pepper to taste.
4. Increase heat to high. Add the steak to the pan and cook for 5-6 minutes or until lightly browned.
5. Add the garlic and ginger, then cook for 30 seconds.
6. Place the peppers back in the pan with the steak.
7. In a small bowl, whisk together the soy sauce, sugar, 1/4 cup water and cornstarch.
8. Pour the sauce over the steak mixture and bring to a simmer. Cook for 2-3 minutes or until sauce has just thickened, then serve.

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## Kale Stuffed Portobello Mushrooms

### Ingredients:

- 4 large portobello mushrooms
- cooking spray
- salt and pepper to taste
- 1 tbsp. + 1 tsp. olive oil
- 1 large shallot thinly sliced
- 2 garlic cloves minced
- 1 bunch kale about 8 ounces
- 1/3 c. white wine
- 2/3 c. low-fat milk
- 1 tbsp. flour
- 1 c. Italian blend or mozzarella cheese
- 1/4 c. panko



### Directions:

1. Preheat oven to 400 degrees.
2. Spray tops of mushrooms with olive oil. Place bottom side up on a large rimmed baking sheet and season with salt and pepper.
3. Heat 1 tablespoon of olive oil in a large skillet over medium heat. Add shallot and garlic; sauté until softened, 2-3 minutes. Add kale and wine, increase heat to high.
4. Once wine has cooked off (about 3 minutes), add milk and flour. Return heat to medium and cook until sauce has thickened, 3-4 minutes more. Remove from heat.
5. Divide kale mixture into mushrooms. Top each with 1/4 cup of cheese. Bake for 10 minutes.
6. Combine panko and 1 teaspoon of olive oil in a small bowl while mushrooms are baking. Top each mushroom with 1 tablespoon of panko mixture and return to oven for another 5-8 minutes, or until mushrooms are tender and panko is golden brown.